

Weekly Diabetes Update 12-21-07

1. Missouri News Release

A news release from the Missouri Department of Health and Senior Services (DHSS) titled “New Internet Sites Can Help Teens, Adults Manage Diabetes” went out on December 18. You can view the news release at our website <http://www.dhss.mo.gov/diabetes/> by clicking on “What’s New In Diabetes”. On December 19 we had fielded three calls from radio stations around the state planning to promote the new tools. Be on the “lookout” or “listen” for the news release and let us know where you saw it published or heard it discussed. (Send us a message to DiabetesMO@dhss.mo.gov.) Feel free to call your local media to promote its release and provide a local flavor to the story.

2. Child & Adolescent Toolkit for Healthcare Providers

The Nutrition and Physical Activity Program to Prevent Obesity (NPAO) and Other Chronic Diseases at the DHSS is proud to announce that the tool kits are in! They can be ordered via the web at <http://www.dhss.mo.gov/Obesity/Publications.html>. Please let us know at DiabetesMO@dhss.mo.gov if you promote the tool kit within your network so that we may share it with the NPAO program.

3. Grant Preparation Training Opportunity

The Grantsmanship Center’s signature Grantsmanship Training Program is coming to St. Louis, Missouri, on **January 28-February 1, 2008**. The program will be hosted by the Salvation Army. The Grantsmanship Training Program is a comprehensive, hands-on workshop that covers the whole grant development process, from researching funding sources to writing and reviewing grant proposals. More than 100,000 nonprofit and government personnel have attended this fast-paced, five-day workshop, which is followed with a full year of membership support services. During this workshop, participants learn The Grantsmanship Center’s proposal-writing format, the most widely used in the world. In addition to practicing advanced techniques for pursuing government, foundation, and corporate grants, participants work in small teams to develop and then review real grant proposals. Participants exit the class equipped with new skills, new professional connections, and follow-up support services for one year, including professional proposal review, access to The Grantsmanship Center’s exclusive online funding databases, and an array of other benefits. Many also leave with proposals that are ready to polish and submit. Tuition for the Grantsmanship Training Program is **\$875** (\$825 for each additional registrant from the same organization). To ensure personalized attention, class size is limited to 30 participants. To register online, to learn about scholarship opportunities for qualifying organizations, or for more information, visit <http://www.tgci.com/> and click on “Training Schedule.” Or call The Grantsmanship Center’s Registrar at (800) 421-9512.

4. The Kansas Department of Health and Environment Center for Health Disparities

Save the Date!! March 31 -April 1, 2008 KDHE Health Disparities Conference 2008

This event will take place in Topeka, Kansas, at the Capitol Plaza Hotel/Maner Conference Center. The deadline for Abstracts and Submissions is **February 1, 2008**. For more information

contact Sharon Goolsby, RN, at sgoolsby@kdhe.state.ks.us or (785) 296-5577.

5. New AHRQ Guides Summarize Effectiveness, Safety of Oral Diabetes Medications

The Agency for Healthcare Research and Quality (AHRQ) released a pair of plain-language guides that outline the latest scientific evidence on the effectiveness and safety of oral medications for adults with type 2 diabetes. AHRQ's analysis is the first to summarize evidence on the effectiveness and adverse events for all commonly used type 2 diabetes medications. As new classes of oral diabetes medications have become available, patients and clinicians have faced a growing list of treatment options and choices. The consumer-targeted guide, called [Pills for Type 2 Diabetes: A Guide for Adults](#), includes information on types of diabetes pills commonly available for adults, how well they work, possible side effects, and medication costs. The clinician's guide, called [Comparing Oral Medications for Adults With Type 2 Diabetes](#), includes more detail on those topics and "confidence ratings" for evidence to support research conclusions. Print copies of the guides are available by sending an e-mail to ahrqpubs@ahrq.hhs.gov.

6. HRSA Unveils Free Online Health Literacy Training for Health Professionals

Unified Health Communication 101: Addressing Health Literacy, Cultural Competency, and Limited English Proficiency is a free online learning experience designed to help health professionals improve their patient-communication skills, increase their awareness and knowledge of factors that affect their communication with patients, and implement patient-centered communication practices. The course, developed by the Health Resources and Services Administration (HRSA), comprises five modules and is estimated to take a total of 5 hours to complete. The course may be completed at the user's own pace and may be taken for credit (CEU/CE, CHES, CME, and CNE) or not for credit. More information, including registration instructions, is available at <http://www.hrsa.gov/healthliteracy/training.htm>.

7. Cures for an Ailing System

With health care emerging as a major issue *Newsweek* asked seven Harvard experts to identify specific problems that ought to be addressed, and the steps that should be taken to solve them. The article is attached.



NEWSWEEK.
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8. National Diabetes Education Program (NDEP) Publishes "Power to Prevent"

The NDEP is pleased to share one of their latest products: "Power to Prevent."

"Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention" is a curriculum developed by the NDEP to help educate African-American communities on how to prevent and

control diabetes through healthy eating and physical activity. This valuable resource provides community-based organizations, faith-based communities, diabetes educators, and other program leaders with a step-by-step resource to help lead African Americans in making healthy life-style changes for themselves and for their families.

We urge to you use this curriculum in the work you do each day with your communities, and we encourage you to pass information about this invaluable resource on to your colleagues, friends, and family members. For a FREE downloadable version, visit <http://www.ndep.nih.gov/>. Get your copy today!

9. “Health department’s dietitians now certified to offer diabetes education”

The *Standard Democrat* in Sikeston, Missouri, reports two dietitians have become certified diabetes educators and offer free diabetes education, through a grant from the Missouri Foundation for Health. You can read the article online at <http://news.mywebpal.com/partners/865/public/news862495.html>.

10. Encouraging Blood Glucose Level Management

The National Athletic Trainers Association (NATA) has published a position statement on the management of type 1 diabetes in athletes. Trying to achieve the delicate balance of “euglycemia” (blood sugar levels that are not too high or too low) is the goal. You can read the position statement that was published in the *Journal of Athletic Training* on NATA’s website at <http://www.nata.org/jat/readers/archives/42.4/i1062-6050-42-4-536.pdf>.

Olympic swimmer Gary Hall, Jr. was diagnosed with type 1 diabetes in 1999, just one year before he competed in the 2000 Olympics. Now his foundation “announces a unique opportunity for people with diabetes and their loved ones to learn how to better manage diabetes while enjoying a 5-day cruise through the Caribbean.” To read more about this December 2008 cruise opportunity, see the press release on eMediaWire at <http://www.emediawire.com/releases/diabetes-cruise/gary-hall-jr/prweb580112.htm>.

What can happen if a person with diabetes doesn’t manage their blood sugar? This ABC News story “Ignore Warning Signs, Lose a Limb” gives graphic details. Those not faint of heart can read the story at <http://abcnews.go.com/Health/DiabetesResource/story?id=4022387&page=1>.

11. Diabetes Research News

The Medical College of Georgia's Center for Biotechnology and Genomic Medicine has been selected to be the RNA laboratory for a worldwide study of the causes of children's type 1 diabetes. The study is called TEDDY (short for “The Environmental Determinants of Diabetes in the Young”) and will eventually follow 8,000 at-risk babies from four states and three nations for 15 years. Read more from the United Press International at http://www.upi.com/NewsTrack/Science/2007/12/17/worldwide_childrens_diabetes_study_begins/2400/.

Insulin pumps may soon come in a wristwatch form. An article on this innovation with a picture of the prototype can be found on the Eureka magazine website at <http://www.eurekamagazine.co.uk/article/12482/Space-technology-powers-insulin-watch-pump.aspx>.

12. **Obesity Research News**

Researchers say they've spotted the genes that cells use to store fats, a discovery that might someday lead to new weight-loss therapies. The identification of the genes and the fat-storing proteins they produce could lead to the development of drugs that could be useful not only against obesity but also against conditions such as diabetes and heart disease. Read the article from U.S. News & World Report on their website at

<http://health.usnews.com/usnews/health/healthday/071217/research-reveals-how-cells-store-fat.htm>.

Longer hospital stays for obese patients? A study published in the Journal of Health and Social Behavior showed obese patients remain in the hospital up to a day more than people of average weight. Read more in the United Press International article at

http://www.upi.com/NewsTrack/Science/2007/12/10/study_obesity_means_longer_hospital_stays/5794/.

The study of more than 276,000 Danish children found that being overweight as a child significantly increases the risk for heart disease in adulthood as early as age 25. The rate of U.S. children who are overweight has tripled since 1976, a rise attributing to the increase in children developing type 2 diabetes. Read more in a story published by the Houston Chronicle at

<http://www.chron.com/disp/story.mpl/headline/nation/5362121.html>.

13. **Conversation Maps: A Tool for Health Professionals**

A Conversation Map is a series of images and metaphors on a 3' x 5' tabletop display. It serves as a facilitation tool for healthcare professionals to use to engage groups of patients in conversations around a healthcare topic such as diabetes, heart health or obesity. Healthcare professionals can get their own set of Conversation Maps by attending a 2-3 hour training session. The training and set of Conversation Maps are complimentary, thanks to a sponsorship by Merck and a partnership with the American Diabetes Association. To read more about this education tool and see training locations, go to <http://www.healthyi.com/hcp/diabetes/about-conversation-maps.aspx>.

14. **This Week's Featured Recipe**

This week's diabetes-friendly recipe will help you use up those turkey leftovers from your holiday meal. The American Diabetes Association provides this recipe for **California Walnut, Turkey, and Rice Salad** on their website at

<http://vgs.diabetes.org/recipe/viewRecipeDisplay.jsp?SizedRecipeId=489&CategoryID=12>.

